Supplements & Herbs - Relief for Anxiety, Chronic Pain and Digestive Issues

Greetings. I'm a person on the internet with a lot of health issues, my three most prominent ones being digestive issues, chronic pain and anxiety. This file has come into existence because I've tried many naturalist or homeopathic medicine to treat my problems, but have noticed there's not a significant amount of resources when you look up "how to treat anxiety without prescription medication" or "how to treat chronic pain using naturalist medication". The few resources I've found are a little messy and unorganized, or incomplete. So I took the job upon myself.

Disclaimer: I am not a medical professional. This is not medical advice. Always consult your doctor before taking any new supplements or herbs.

List of what I've tried:

- FlexFull Diclofenaco Gel
- Cedrón (Lemon Verbena)
- Lion's Mane (yamabushitake)
- Lavender infusion
- Chamomille Tea
- Patchouli Essential Oil
- Goicoechea Arnica and Chamomille
- Goicoechea Ginkgo Biloba and Grape extract

FlexFull Diclofenaco Gel 35Gr: Okay, this may be a very local product, but I will describe the components so you can find a similar alternative.) "Composition: Each 100 g of 1% gel contains: Diclofenac Diethylamine 1.16 g (equivalent to 1 g of Diclofenac Sodium. Packaging: Container containing 35 g. Topical analgesic and anti-inflammatory indicated for the local treatment of inflammation that causes pain."
It has been absolutely FANTASTIC for me. I cannot emphasize that enough. It's not too long lasting, but works in a pinch. Has helped me through violent migraines, neck tension and more. I very much recommend it.
Source: ecofarmacias (machine translated by DeepL)

Cedrón (a.k.a Lemon Verbena): Pretty good, also aids with digestion and chronic pain. Do NOT use if you have blood pressure issues. In my case, using it too often made my body grow resistant to its benefits.

Lion's Mane: A fungi/mushroom with a lot of benefits. It hasn't helped me with anxiety specifically, instead it has helped me wake up without big eyebags and made me a bit more energetic, along with reducing some of my inflammation (pretty good for chronic pain). My regular dose is one 200 mg capsule per day.

Lavender infusion: This has done wonders for me many times. I tend to take it when my anxiety is unbearable, or when my stomach is in lots of pain. Basically, I use it as help for health crises. As a bonus, it tastes nice, even without sweetener or sugar added.

Chamomile: Not for everyone, sometimes it's not potent enough for high anxiety, but worth a try. Has occasionally helped with my digestive issues and anxiety, but not much.

Patchouli Essential Oil: As far as I know, you cannot use it on your skin. But smelling it helps me with my anxiety occasionally.

Goicoechea Arnica and Chamomile: Okay, I know it says it's for your legs only, BUT I also use it for my whole body (minus sensitive parts, common sense and all). And honestly? It's not too good. It does work, but I don't see much difference after using it for years on end.

Goicoechea Ginkgo Biloba and Grape extract: Ten out of ten, I swear this cream did miracles! I felt instant, lasting relief in my whole body. I bought it by two bottles at once, and then the stock mysteriously dissapeared from the only store I know that sold it. Much to my dismay (and honestly, deep sadness), I haven't been able to find it after a whole year or two of it dissappearing. At this point, I am hoping I can somehow order it overseas.

I sincerely hope this was helpful or at least informative. Thanks for reading.